

# Watercress *Nasturtium officinale*

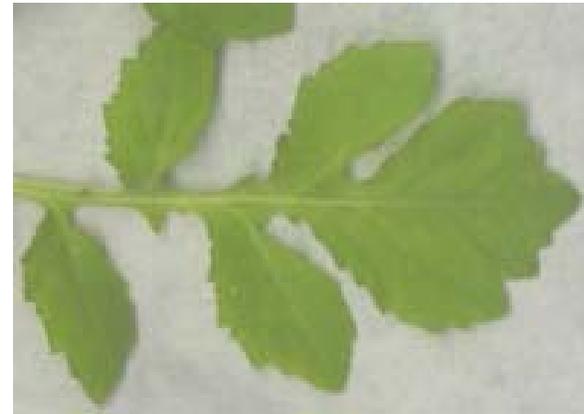
**Distribution** - Common in streams and wet areas throughout Chesapeake Bay.

**Recognition** - A coarse, much branched member of the mustard family with deeply divided compound leaves and a low-growing growth form. Often quite dense in small streams of suitable habitat.

**Similar Species** - Hydrilla (*Hydrilla verticillata*), Common Waterweed (*Elodea canadensis*)

**Reproduction** - By seed.

**Comments** - This species is considered a delicacy when young, and is raised commercially in some areas of the country.



Detail view



Watercress